

Topic Area: Nutrition and Fitness

NF-1: Prevent an increase in the proportion of the population that is obese

NF-1a: adults aged 20 years and older

Target:	23.8 percent
Baseline: (Year)	23.8 percent (2011)
Data source:	New Jersey Behavioral Risk Factor Survey, Center for Health Statistics, New Jersey Department of Health

NF-1b: high school students (grades 9-12)

Target:	10.3 percent
Baseline: (Year)	10.3 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education

NF-2: Increase the proportion of the population consuming five or more servings of fruits and vegetables per day

NF-2a: adults aged 18 years and older

Target:	28.7 percent
Baseline: (Year)	26.1 percent (2011)
Data source:	New Jersey Behavioral Risk Factor Survey, Center for Health Statistics, New Jersey Department of Health

NF-2b: high school students (grades 9-12)

Target:	22.1 percent
Baseline: (Year)	20.1 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education

NF-3: Increase aerobic physical activity

NF-3a: Proportion of adults who meet current Federal physical activity guidelines for moderate or vigorous physical activity

Target:	58.5 percent (age-adjusted)
Baseline: (Year)	53.2 percent (age-adjusted) (2011)
Data source:	New Jersey Behavioral Risk Factor Survey, Center for Health Statistics, New Jersey Department of Health

NF-3b: Proportion of high school students that meet current physical activity guidelines for moderate or vigorous physical activity

Target:	23.4 percent
Baseline: (Year)	21.3 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education

NF-4: Reduce screen time among high school students

NF-4a: Increase the proportion who watch TV for no more than 2 hours a day

Target:	74.1 percent
Baseline: (Year)	67.4 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education

NF-4b: Increase the proportion who use the computer for no more than 2 hours a day

Target:	78.2 percent
Baseline: (Year)	71.1 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education

NF-5: Reduce the proportion of high school students (grades 9 to 12) who drank soda one or more times per day in the past 7 days

Target:	13.9 percent
Baseline: (Year)	19.9 percent (2009)
Data source:	New Jersey Student Health Survey of High School Students, New Jersey Department of Education